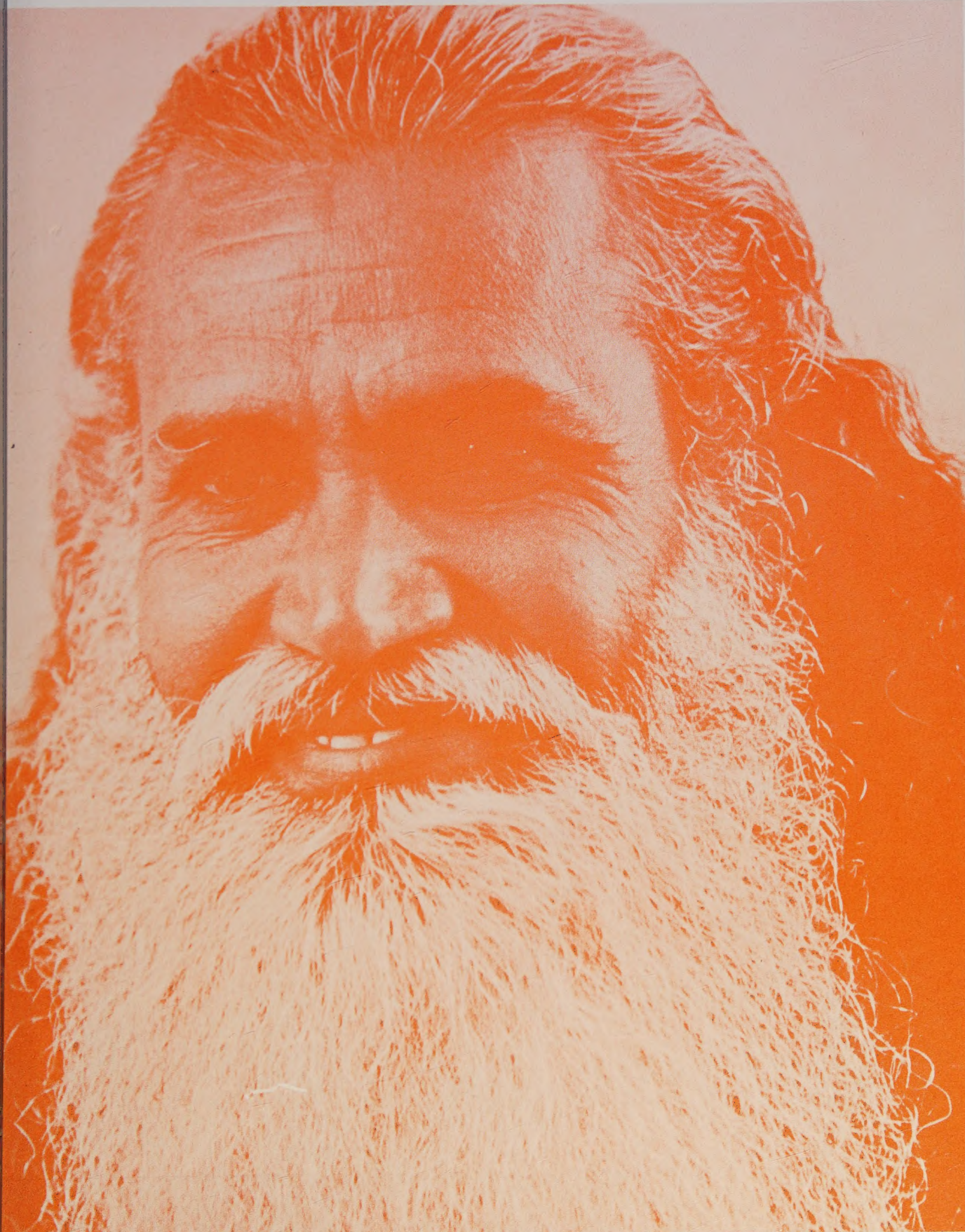


Integral Yoga



Light1, Ray5-July-Aug., 1970

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SAYINGS OF SAGES

You make a living by what you earn,
but you make a life by what you give.

Swami Sivananda

The superior man;
if he sees good, he imitates it;
if he has faults, he rids himself of them.

I CHING

Until you have become really, in actual fact, a
brother to everyone, brotherhood will not come to pass.

Fyodor Dostoyevsky

What would man be without Utopia? He must aim
at the unattainable in order to realize the attainable and to
make one step forward.

Thomas Mann

Only truth quenches untruth, love quenches anger,
self-suffering quenches violence. This eternal rule is a
rule not for saints only but for all.

Mahatma Ghandi

By the wind a cloud is collected, by the wind it is
driven away again; by the mind bondage is built up, by the
mind is built also liberation.

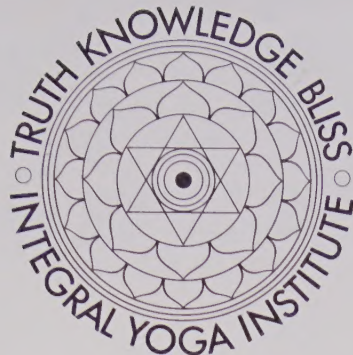
Sri Shankaracharya

The greatest discovery of my generation
is that human beings can alter their lives by altering
their attitude of mind.

William James

Behold how good and pleasant it is when brethren
dwell closely together.

Psalms 133:1



INTEGRAL YOGA INSTITUTE

Founder-Director: Yogiraj Sri Swami Satchidananda

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THE WAY: Asanas, pranayama, chanting of holy names, self-discipline, meditation, manthra japa, study and reflection.

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Integral Yoga

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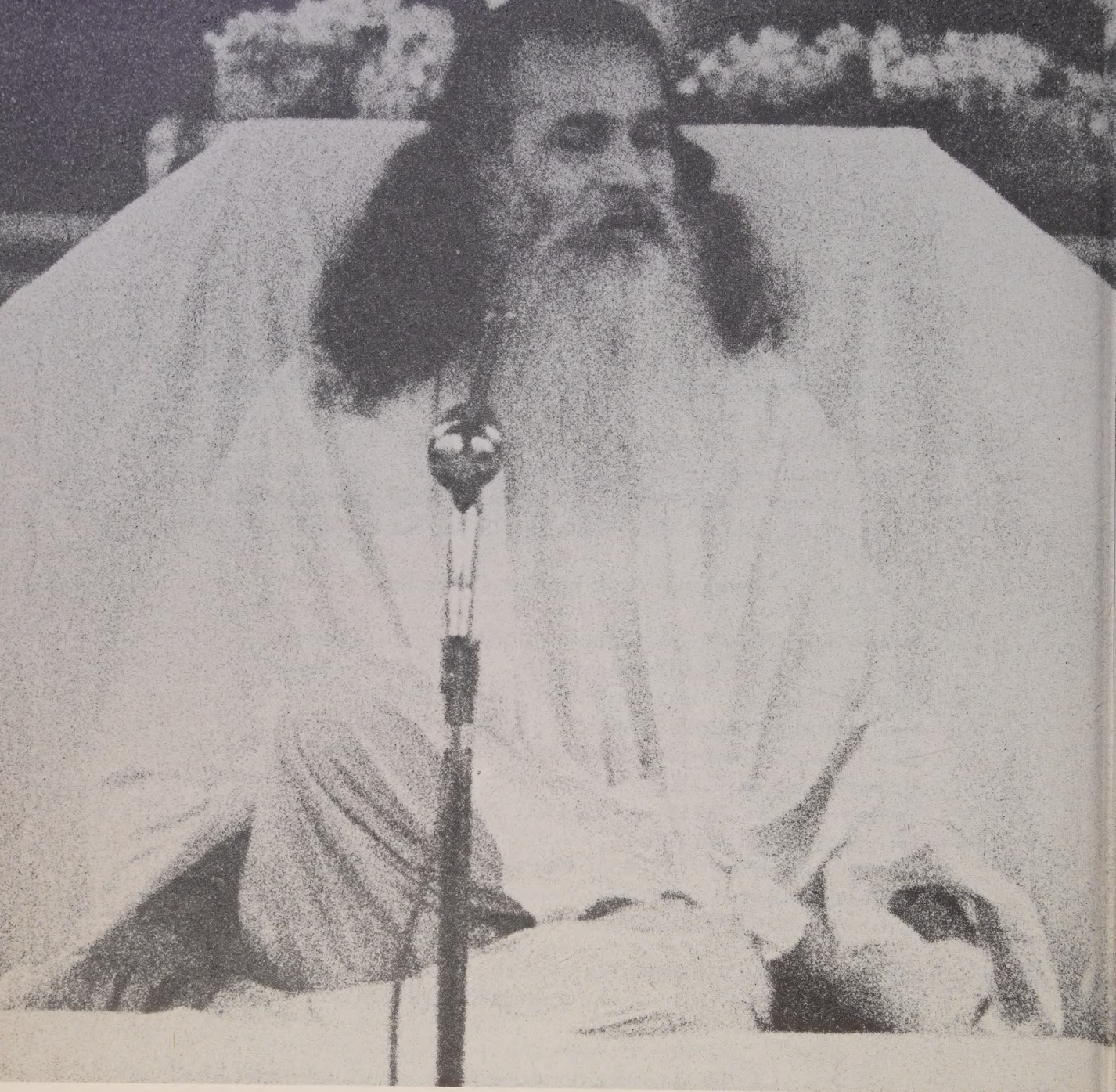
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GURU POORNIMA DAY

As the full moon reflects the sun's radiance, so the Guru or the spiritual teacher reflects the divine qualities of God. We cannot see the Formless and Infinite One directly, but his spirit is manifest in the teachings of great saints and sages. When the summer moon is full in mid-July, it is the Eastern custom to celebrate these manifestations of divinity. Guru Poornima day is like an "All Prophets' Day". It is also a day to honor one's own spiritual teacher. The following are excerpts from Swami Satchidananda's talk at the celebration given for him by the New York IYI and attended by over 200 devotees on July 18, 1970.

GURU POORNIMA MESSAGE

Gurus are all over; there is no scarcity of Gurus. Anything and everything, anybody and everybody could be your Guru. But the real scarce commodity is the disciple. The scriptures say that when the disciple is ready, the Guru appears. So it is the discipleship that is very difficult to achieve, because it needs wholehearted faith, implicit faith and devotion. It's not the greatness of the Guru which we are celebrating now, but it is the celebration of the true discipleship....

Let us all be good disciples; let us learn and learn. Let no one think that he has learned all, because there is no end to learning. As a saintly poet of South India once said, "What we have learned is just a handful of earth, and what we have not learned is the entire earth." If you have ever seen a picture or statue of the Goddess of Wisdom, Saraswati, you can see that she always has a book in her hand. So the poet says, "If the very Goddess of Wisdom herself is going to learn continuously, what have we learned?" As long as we learn, we are disciples. Let us remember that. Let us always learn more and more, to grow more and more. If we could realize this truth today, we have celebrated the Guru Poornima well enough.

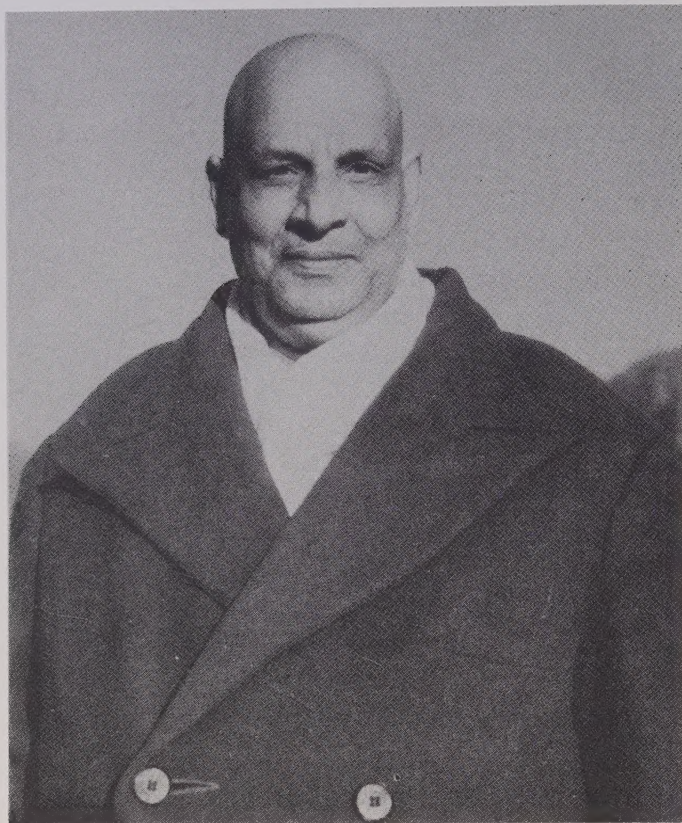
To all those who came forward to speak of their attainments since associating with me, I thank them. I don't take their talks to be words of glorification, but I take them to be words of inspiration. I am getting more and more inspired to serve you more and more. And I am really proud of all those children -- and of all the children.

Yoga inspires people and absorbs them very quickly. We don't believe in miracles, but miracles do happen. This is God's work; it's not just a man's work. His truth will always inspire people and change them. You are all changing unconsciously and unknowingly, and one day you will see that you are completely changed. Many people came to Yoga who didn't even want to change their ways or habits. But somehow it took hold of them, and very soon they found themselves completely in a new light. This is the greatness of the truth.

The scriptures say that when you just try to take one step towards God, that's all you have to do, and God will run after you. Ask -- that is all that is necessary, and it shall be given. So a little of our effort is enough. A little faith, a little devotion. You just step into the railway compartment, and you need not keep running. You just sleep and you are taken along. This is the greatness of the true spiritual life. So let us learn to carry everybody towards the other shore, the shore of freedom, the shore of liberation.

I once again want to thank you all for having come forward to appreciate, to acknowledge, and to inspire me and my work. I couldn't have done anything without your inspiration, without your cooperation. My sincere wish and prayer is that God may continue to guide us and bless us, so that we can become good instruments in His hands, to find peace within ourselves, and to share it with the entire humanity.

Om Shanthi Shanthi Shanthi



WHAT IS RELIGION?

Religion is the relationship between the three fundamental principles - God, world, and the individual. Religion gives solace to the weary pilgrim in this earth plane. It explains life's mystery to him. It shows the path to the immortal abode.

Religion is not a denial of life. It is fullness of life. It is life eternal. Man becomes God through discipline, self-restraint and meditation. That is Religion.

Religion consists in doing good to others, in the practice of love, mercy, truthfulness and purity in all walks of life. Religion is practical philosophy; philosophy is theoretical religion. Philosophy is for ever-searching, inquiring, questioning. Religion is for sensing, realizing, experiencing.

The same type of jacket cannot suit all people. Individual temperaments and traditional backgrounds differ. Hence the need for different religions.

One religion is as good as another. One road or path to the Supreme is as good as any other road or path. Cows have different colours, but the colour of milk is one. There are different kinds of roses, but the scent is one. Religion is one, but many are its forms of practice. Diversity is the order of creation. Religion is no exception to it.

Swami Sivananda

THE PRAYER OF MAIMONIDES

Thy eternal providence has appointed me to watch over the life and health of Thy creatures.

May the love for my art actuate me at all times; may neither avarice nor miserliness, nor thirst for glory, or for a great reputation engage my mind; for the enemies of truth and philanthropy could easily deceive me and make me forgetful of my lofty aim of doing good to Thy children.

May I never see in the patient anything but a fellow creature in pain.

Grant me strength, time and opportunity always to correct what I have acquired, always to extend its domain, for knowledge is immense and the spirit of man can extend infinitely to enrich itself daily with new requirements. Today he can discover his errors of yesterday and tomorrow he may obtain a new light on what he thinks himself sure of today.

O, God, Thou has appointed me to watch over the life and death of Thy creatures; here am I ready for my vocation, and now I turn unto my calling.

THE CREDO OF CARL JUNG

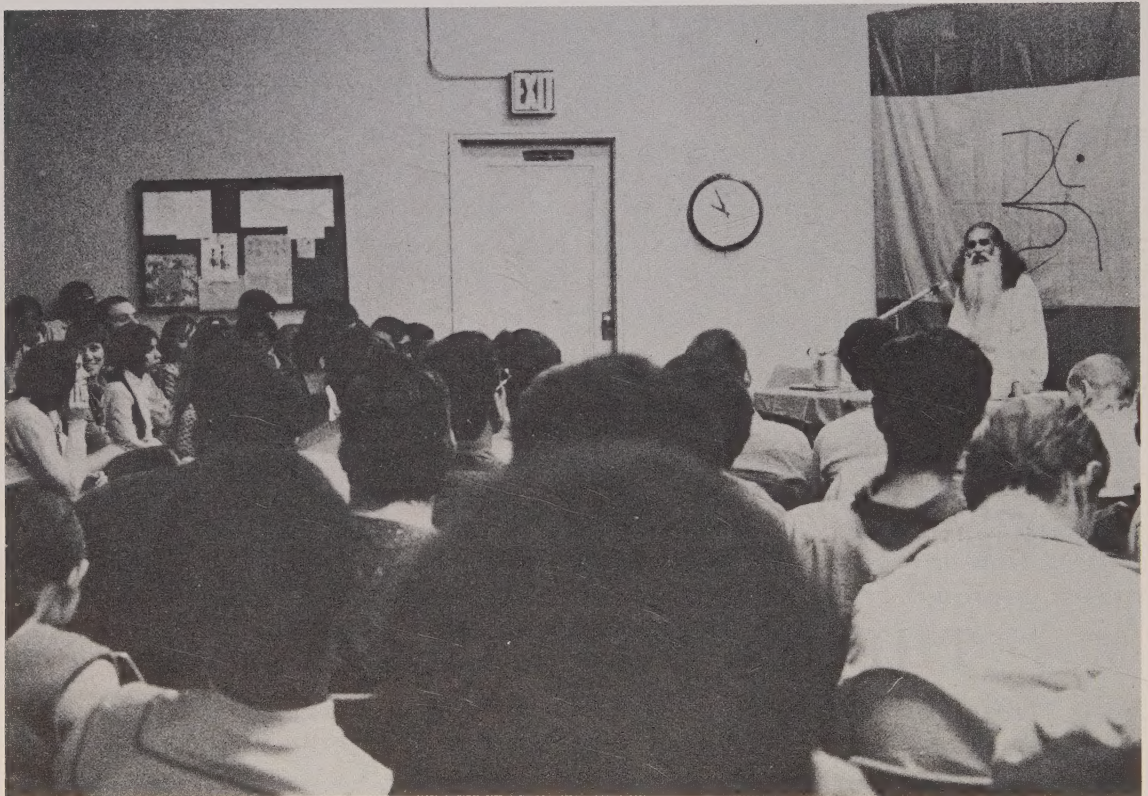
Real liberation becomes possible for me only when I have completely devoted myself to a thing and participated in it to the utmost. If I withdraw from participation, I am virtually amputating the corresponding part of my psyche. Naturally there may be good reasons for my not immersing myself in a given experience. But then I am forced to confess my inability, and must know that I may have neglected to do something of vital importance. In this way I make amends for the lack of a positive act by the clear knowledge of my incompetence.

THE ADVICE OF SRI RAMAKRISHNA

Rama said: "Brother, he who has knowledge has ignorance as well. He who is aware of light is also aware of darkness. He who knows good also knows bad. He who knows happiness also knows misery. Brother go beyond duality, beyond pleasure and pain, beyond knowledge and ignorance."

HORIZON HOUSE

Horizon House is a therapeutic community for drug addicts at 300 East 4th Street, New York City. A part of the Horizon Project, it is funded by the National Institute of Mental Health and administered by the Addiction Service Agency. Horizon House presently consists of ninety residents, twenty of whom are regular Hatha Yoga students.



The entire world is a refinery where everyone, every minute, is being refined in some way or other. No one on this earth is one hundred percent perfect -- it is only a matter of degree. Day by day, we are all becoming better, understanding more, and growing towards the great goal of finding peace and joy within ourselves. The human goal is to be always happy, nothing less than that. Some seek that happiness in the right way -- without getting into trouble, without future unhappiness. Others think, "I won't bother about tomorrow. I just want to be happy now." Unfortunately, they are the ones who suffer later on. Happiness should be continuous, and present happiness should not lead to future unhappiness.

Drugs will not bring true happiness -- they end up bringing

pain to our physical and mental system. Drugs temporarily push you up like a rocket. Once the gas is used up, you can't stay there. And when you begin to fall, you won't come down and sit quietly as you were before. That is the danger of getting outside help -- especially chemical help, to lift oneself up; when you come down, you have a terrible drop. That means the after-effects are detrimental to the system. Every time you get a kick, the system gets a shock, and with every shock, the blood boils. When anything boils and cools down, it loses certain qualities. In this case, the red corpuscles die. Your nerves eventually become weak and you feel dull and drowsy. The natural tendency is to take another dose to feel high again. How long can the body stand these sudden shocks? There has to be an end. Suddenly, one day, you will see that you are delapidated and that the body is shaken.

People who are interested in health and happiness and in being a useful person should not indulge in these temporary measures. You know that -- that is why you are here. But the trouble is how to get rid of it. The first and foremost thing is to get into a proper environment with proper company. In the proper environment, you are protected from unwanted influences. But that alone is not enough -- you have to build up your own will power. Will power is in collecting the mind and exercising the mind. But it begins with the body. So the body must be trained. That is why we ask people to do the Yoga postures. To strengthen the mind, we have to strengthen the body -- body and mind go together. Just to give you an example: Suppose someone shouts at you, "Hey, you are a stupid fool!" Will you smile at him? You will get angry -- your face will become red, your blood will boil. You just heard the sound, your mind became angry, and your body reacted. And just as mental pain affects the body, so the bodily pain affects the mind.

Fortunately, you are in a well-protected, nice atmosphere. But still you may have the urge. You can easily forget that; without straining, the urge will leave you. Will you not try that method?

The method is: strengthen the body and the mind. The craving will go away. When the mind and body are weak, you don't have the capacity to stay away from these habits. But if you make the body and mind strong the craving cannot even come near you. After some time, it will just leave and go away. I have seen hundreds and thousands of cases -- people who had been using all kinds of drugs. I never told them to stop. I just said, "Come on, practice this," and after a while they lost the craving. They couldn't even enjoy it.

This is the reason for these physical postures called Yoga asanas. By doing these different positions, you build up a strength within your system -- the muscles, glands and nerve centers are toned. These practices are not violent like drill exercises; they are done gently, with grace and ease. Another important practice is the breathing. By proper breathing, you charge the system with lots of oxygen and vitality. You learn to use the entire lungs. The lung power is the life power or life force. When you practice breathing, you gradually build up strength in the physical system as well as in what we call the "prana" or vital body. And because you do it gently, the mind is applied that way also. Even an agitated mind becomes calm. Whenever you get upset, just sit quietly and breathe deeply with full attention on the breath. You will be amazed to see that you become calm and peaceful in just a few minutes. The results come that quickly.

There are only two qualifications to do the Yoga postures and the breathing; one, you must have a body and two, you must be interested in keeping that body healthy. The interest in having a healthy, peaceful life is enough. And Yoga is the most effective method known....

I have given you some thoughts and I believe they will help you in making your life better. If I have helped you even in a little way, I am very happy. And I'm very grateful to you all for having given me this opportunity to be with you and talk to you. The joy is mine of having come and served you all.

Swami Satchidananda





HEAVEN AND HELL

Our thanks to Rabbi Shlomo Carlebach for giving this anecdote of Hassidic wisdom at a celebration at the New York IYI of Shevuos, the festival of the receiving of the Ten Commandments.

Heaven and Hell are relative places right here on Earth. One man believes that he has achieved the correct understanding of God's law. In his piousness, he looks about and every man that he sees is lacking in such wisdom, is full of mistaken thinking and imperfections. He bemoans the fortune of others and the condition of the world. Surrounded by sinners, this man is surely living in Hell.

Another man knows in his heart that he has failed in trying to understand the truth, that he is weak-willed and unworthy of notice for any virtue. In his lowliness, he looks about him and every man that he sees is studying the law diligently. Everyone else is praying and meditating so sincerely, they are established in purity and saintly qualities. Being always in such holy company, this man is really living in Heaven.

HARI OM

The goal and desire of many people these days is to expand their consciousness, to get "high" and feel peaceful and free. The practical system of Yoga has always known ways of elevating the mind. This ancient method, common to all great spiritual traditions, is the chanting or repetition of a sound formula, called Mantra in Sanskrit. Sages in deep meditation heard these sounds while experiencing some aspect of the Truth or God, and Mantras have been handed down through generations of spiritual masters as guides to aspirants.

Japa, the practice of repetition of a Mantra, focuses the mind, makes it one-pointed and leads it into meditation. In this calm state, the powerful forces which are stored up in the unconscious get released and raised up to the conscious or superconscious level. The same revelations or realizations experienced by so many great souls are lying dormant within every one of us. When these are awakened by Japa and meditation, the result is the condition of expanded awareness being sought so avidly by the present generation.

Unfortunately, these youths have had to resort to means of getting high which ultimately bring them back down. The results contradict the value of any feeling of freedom or pleasure which they might have experienced. Various fears, delusions, and dependencies, weakened nerves and neglected health are painfully common among these seekers of peace. Scientific research shows how much these conditions exist among this population. Medical and psychological experiments invariably point out the physical and mental difficulties suffered by those who have taken drugs and indulged in various excesses. But history contains a continuous record of the affirmations of saintly personalities - that a greater awareness exists than can be perceived with our senses, that it can be attained by diligent and



sincere efforts and meditation, and that it is worth devoting a lifetime to get established in such consciousness.

But statistics and logic never elevated anybody ... results are achieved only by doing. For your own benefit and experience, here is an experiment you may safely perform: Just sit comfortably in some quiet place and repeat HARI OM. You can immediately feel the physiological mechanism of elevation or "getting high".

The first syllable, "HA", requires a contraction of the Solar Plexus and ignites this vast storehouse of physical and emotive power. In pronouncing "RI" the system relaxes, and the throat contracts to make the force more concentrated. Then for "O", the throat opens and the energy or sound rises upwards from deep within the chest. With the prolonged "M", the mouth closes and the energy goes to the head with a strong humming vibration.

Repeat HARI OM for as long as you feel comfortable. You can vary the pitch and intensity, and eventually let the voice flow into silent repetition. After some time, just sit quietly and see how you are and what you feel. The depths of calmness and heights of joy are waiting to be fathomed and scaled. Here is a melody to chant on your way to discovering your own true nature.

HARI OM HARI OM HARI HARI HARI OM
 HARI O-OM HARI O-OM HARI HARI OM
 HARI OM HARI OM HARI HARI HARI OM
 HARI OM HARI OM HARI HARI HARI OM
 HARI OM HARI OM HARI HARI HARI OM
 HARI O-OM HARI O-OM HARI HARI OM

Freely adapted from a talk by Swami Satchidananda

HARI OM ३४

HA - Ri OM HA - Ri OM HA - Ri HA - Ri HA - Ri OM

HA - Ri OM HA - Ri OM HA - Ri HA - Ri OM

HA - Ri OM HA - Ri OM HA - Ri HA - Ri HA - Ri OM

HA - Ri OM HA - Ri OM HA - Ri HA - Ri HA - Ri OM

HA - Ri OM HA - Ri OM HA - Ri HA - Ri OM



Janu-sirshasana, The Head-Knee Pose



Salabhasana, The Locust Pose



Matsyasana, The Fish Pose

HATHA YOGA

Hatha Yoga is the physical aspect of the path to Self-Realization. The body is the vehicle which carries the Self on its journey through time and space. It is the temple wherein dwells the Divine. The body is not an obstacle or stumbling block in the spiritual life, but the means by which such a life is lived. Therefore, if we are really interested in our own evolution, we will want to maintain this vehicle properly. Through the Hatha Yoga practices of bodily postures (asanas), relaxation, and breathing techniques (pranayama), this maintenance can easily be accomplished.

But there are as many approaches to Hatha Yoga practices as there are different temperaments in man. Many people take up Hatha Yoga in order to lose weight or develop a beautiful figure. Some are mainly interested in establishing or restoring their health and in maintaining a youthful vitality. Some hope to learn a certain amount of self-discipline. And still others want to awaken the Kundalini and attain psychic powers. There are Yoga schools and teachers to accomodate all these different interests. And, in time, all these benefits can be attained by regular practice. But they are only by-products of developing an awareness of the higher aspects of existence.

The main purpose for the practice of Hatha Yoga is to teach us how to use the body and mind in an intelligent, practical, and positive way. Our primary interest in life should be the gradual unfolding of our fullest potential as human beings -- the realization of our own divine essence. If we are practical, we will not waste any time or energy pursuing things that cannot help us or that clearly hinder us from achieving this goal. And if we are positive about being alive, we will treat the bodily vehicle with the greatest love and highest regard.

To accomplish all this and to develop quickly and surely, we need to have the proper attitude. And this attitude, Swamiji teaches us, is to "Take It Easy." Always be at ease, be calm and relaxed. Do all those things that can maintain or add to such a state, and do nothing that will diminish or disturb it. If you live in this manner, you will be established in peace, firmly rooted in your true nature. And Hatha Yoga is most helpful here. On the physical level, if you can be relaxed in the different asanas, your body will be free of all tensions. On the psychological level, if you can place yourself in a number of different positions and maintain the same calm state, you will have developed a strong and healthy mental poise which can guide you safely through any and all of life's ups and downs. With such physical and emotional calm, strength and health, what then will become of the mind? It will also have these qualities.

That is why in the Hatha Yoga classes, the instructors are always reminding the students to take it easy, to relax, bend gently, don't strain, don't pull with the arms, but let the gentle breathing loosen the tension. Don't be concerned with whether the forehead can touch the knee; just be relaxed and you will get all the benefits. See the serenity on these students' faces. Let us all be so serene, not only when we practice Hatha Yoga, but in all our daily actions. We must always remember that "there is no way to peace; peace is the way."

Kumar Buchman

Y.E.S.

At the foot of a mountain, surrounded by woods, waterfalls and wild flowers, an ashram way of life that exemplifies what so many of us have been seeking all our lives is beginning to grow. The Yoga Ecumenical Seminary (Y.E.S.) began in early June as a project of the Center for Spiritual Studies, headed by Swami Satchidananda, Rabbi Gelberman, Brother David and Reverend Tai San. It is a Yoga-oriented retreat where we can all join together to share in a universal experience, whatever our beliefs. Y.E.S.'s goal is to enrich the lives of those following or seeking a spiritual path by providing a community life founded on definite spiritual principles. Here, people come together to follow the common fundamental principles of all the different faiths.

The ashram family follows an intensive schedule of hatha yoga, meditation, karma yoga (selfless service) and satsang (company of the wise). Work is being done on a small house on the mountain road where the founders will eventually be able to stay when they come to Y.E.S. There are always things to be done around the main twenty-six room house and, of course, there is the joy of Yogic vegetarian cooking for the community. People are invited to come for a few days or a week to share in the spirit of selfless and joyful service. Already, nuns and clergymen of all faiths have come to Y.E.S. to share in the activities. There is time to enjoy swimming in the cold mountain streams or in the pool or to walk along the wooded path to a secluded waterfall. In the evenings we join together to chant and dance and make music, or just to sit and share the peace within and without.

For those who practice Yoga or follow any spiritual path, a country ashram is really a blessing. It is important to have a place where people with similar goals can work and live together and help each other. The community is like a spring river where many mountain streams join to help it grow in strength and beauty. A peaceful retreat is important in developing one's own spiritual awareness and in helping to find that deeper silence within us. By living, working, and praying together, we are better able to focus

our energies toward the common goal of peace and joy for all mankind.

Om Shanthi,

Ragunath Mancini

(For information you may write to Y.E.S., Villa Caritas, Rte.1,
Box 339, Saugerties, N. Y. 12477 or call (518) 678-5597



The Yoga Ecumenical Seminary in Saugerties, New York. Welcome!



BHAKTI YOGA

The word "Bhakti" means devotion. A Bhakta is a devotee and his goal is to attach himself completely to God or the Most Beloved. Our entire nature is based on such love. We are attached to so many things. From early childhood, we learn to cling to someone or something -- parents, brothers or sisters, and later to position, money, or education.

To take advantage of that habit of getting attached to things, we make use of the same technique to achieve God. We learn to love God more than anything else. But since the mind is finite, limited, it will be almost impossible for us to understand the Infinite, our Chosen One, through it. We have to bring the Unlimited One within those limitations. That is where the Nameless, Formless, Infinite One becomes finite, named and formed. We bring it down to suit our capacities. We take just a sample, a part, and treat it as the whole. And when we understand God in that part or symbol, we have understood the entire God.

People have given all kinds of forms and symbols to the Infinite One, and still it is beyond these. What we want to feel from the symbol is more important than the symbol itself. When we imagine something to be God, it is God to us. It will speak to us. If you have even a little faith, you see God face to face. I may know nothing, but if you have faith, that itself will be useful to you. If you have faith, my every word will be a golden truth.

We have our faith to help us. That faith is God. But because we do not know how to handle the faith within us, because we can't turn within and see, we have to use something to reflect it -- a person, a picture, or a symbol. We pick a symbol that becomes our God. And if we love that symbol as the Most Beloved, naturally we will take good care of it. We will want to sacrifice everything to it first, and only those things that are as pure as possible.

Through this devotion and true love, our fears and doubts will disappear. We are His own, so why should we be afraid of God? With all our sins, all our mistakes, we are still being taken care of. We are still being fed and clothed. So we had better put away this little intelligence of ours -- it will not create faith. If it is necessary, we can use it for something else -- to split little atoms, to reach the moon, to fathom the sea. But we shouldn't use it as a tool against God. Instead, we should allow God to act on us naturally and spontaneously. As nature, God is our Mother. She is all merciful.

Constantly remember, feel, "My God is always here. She gives me food, She takes good care of me, She gives me everything." Let us realize that, let us enjoy that love. It is a great opportunity. Nobody is lacking in devotion. Only in certain minds it is covered a little. But

just dig a bit and it gushes out. Even the most hard-hearted man is a devotee, has that soft corner. Sometimes, it gets hardened on the surface for lack of usage. Let us go deep beyond the level of appearances. This is the only remedy for all ills. The world is undergoing all of its calamities because it has forgotten that devotion to God. Unfortunately, that devotion has been presented in a regimented, organized way, and people have sometimes revolted. Devotion can never be taught by the brain. It comes from the heart. Let us open our hearts and live in that peace and comfort.

Swami Satchidananda



PRAYER BEFORE MEALS

2. Mathaa Cha Paarvathee Devee
Pithaa Devo Maheshwaraha
Baandhawaa Siva Bhakthaahaa
Swadesha Bhuvana Thrayam

translation:

1. OM
Mother Nature, who comes to our table as food,
Endlessly bountiful, benefactor of all:
Grant us health and strength,
wisdom and dispassion.
2. My mother is Mother Nature
My father is the Lord of All
All the devotees are my relatives
The entire universe is my home.
3. I offer this unto OM, that truth which is Brahman.
4. May the entire world be filled with peace and joy.

YOGURT AND RAITA

To make yogurt, bring 1 quart of milk to a boil and let it cool. Add 1 teaspoon of yogurt culture and, if you wish, you can add 1/2 package of dry milk to make it thicker. Leave it in a warm place, covered, for 6 to 8 hours or overnight.

An Indian preparation of yogurt that is an excellent way to break a fast is Raita Cucumber. You can make this by adding 1 grated, peeled cucumber (medium sized) to the already prepared yogurt. Then add 1/2 squeezed lemon, 2 teaspoons of salt and 2 teaspoons of powdered cumen.

Yogurt can be used with a variety of foods, including last issue's recipe for Oopma.

NEWS IN BRIEF

News of Swamiji --

The last two months have been full of travelling and lecturing for Swamiji. On June 4th, Swamiji and Rabbi Gelberman held their third annual dialogue on Yoga and Hassidism at the Community Church in New York. The very next day Swamiji left for Los Angeles where he spent two days at the L.A. IYI. Swamiji then journeyed to San Francisco to take part in the Whole Earth Festival in Davis, Calif. Swamiji was the main speaker and he conducted an hour-long meditation in which approximately 1,000 people participated. From San Francisco Swamiji went to speak at the University of Detroit and at a benefit concert for the Detroit IYI which was opened simultaneously with this visit. On the 13th, Swamiji was off again, this time to Bucks County Seminar House in Pennsylvania where he conducted a 2-day retreat for 20 people. Swamiji went to Virginia to speak at Southern Virginia Community College on the 26th. He also had lunch with a government official in Washington D.C. about the part Yoga is playing in the youth movement.

Swamiji was in New York to conduct discussions at the Universalist Church on 4 Friday evenings in July. On July 5th, he was in Atlanta to speak at the Rock Festival there. On the 9th, Swamiji was invited by the Deputy Secretary General to the opening session of the World Youth Assembly at the U.N. Later he was in Kentucky to speak to a group of Catholic Sisters at Saint Joseph's Infirmary in Louisville and the Trappist Monks at Gethsemane. A radio interview was held during this visit. On the 18th of July, Swamiji was the center of attention for the Holy Guru Poornima Celebrations which were conducted throughout the day at the Institute and in the evening at the Universalist Church. On the 19th, Swamiji gave Manthra Initiation to 27 people from the New York and New Jersey IYIs at the New York Institute. Swamiji then flew to Dallas for a public lecture and on the 24th flew to Boulder, Colorado to participate in the Whole Earth Festival along with other spiritual leaders. The Festival was a huge success -- Swamiji spoke to several thousand people on three separate occasions, conducted an hour of silent meditation for over 1,000 people, and gave a Hatha Yoga class for about 800! So much interest and enthusiasm was generated by this visit that an IYI was established there. From Boulder, Swamiji drove with a few students to Salt Lake City, Utah where he was given a personal tour of Temple Square where the Latter Day Saints Temple is situated. Swamiji then returned to New York and lectured in Hartford, Connecticut on the 30th.

On August 2, Swamiji conducted a marriage ceremony for two couples at the Yoga Ecumenical Retreat in Saugerties, N. Y. After a Friday evening discussion in New York on the 7th, Swamiji left for Canada. His first stop was at the Cercle Dechanet de Yoga in Quebec for a public lecture and then the Mouchanin Centre in Montreal for another talk. From there Swamiji went to the Sivananda Yoga Camp at Val Morin where he is one of the participants in a week-long Peace Festival.

Coming events for Swamiji include visits to the Detroit IYI, a House of Prayer in Monroe, Michigan, and two long retreats -- one

for ten days in South Woodstock, Connecticut and the other for five days in Santa Cruz, California.

IYI New York --

The fund-raising campaign has been a great success over the past two months. The contract for the new building on West 13th Street where the IYI will be able to serve an even larger community has been signed and the big move should take place by September 30.

At the end of June, Eye on New York, a CBS Television program, featured the activities of Swamiji and the IYI in a program entitled "Swami's Children". Earlier in June, a number of IYI students attended sessions of the World Youth Assembly at the U.N. which made proposals to the main U.N. body. On July 18, Guru Poornima Day was celebrated at the Institute with a full schedule of Yoga practices. In the evening over 200 people joined together to hear Swamiji and to take part in the festivities.

Eight New Yorkers traveled to Boulder, Colorado for the Whole Earth activities on July 28. Interest was so great that an IYI is now being formed. The next weekend a double wedding ceremony attended by over a hundred people was performed by Swamiji at Y.E.S.

Initiation was given to 27 people from New York and New Jersey on July 26. New classes are being given on Fire Island, South Hampton, as well as lectures at Adelphi University. New community programs include St. Vincent's Hospital in N. Y. C.

IYI San Francisco, California --

In early June, Swamiji and other noted Masters spoke to over 2,000 people at the One Festival in San Francisco. Swamiji held two Satsangs at the Institute that were joyfully attended by over 200 devotees from near and far. As Swamiji departed, Swami Chidananda arrived in San Francisco and gave two talks, as well as personal interviews, at the IYI.

This has been a summer of growth for the San Francisco Institute. Classes have been expanded and plans have been made to open two new centers in Berkeley and Palo Alto. By Fall, there will be 23 people in the immediate family and an additional room is being worked on now. Close to 60 people have been attending the successful Sunday "Family Days".

In September, the California IYI's will join together for a 5 day retreat with Swamiji in the Santa Cruz Mountains.

IYI Hollywood, California --

Both the San Francisco and Santa Cruz IYIs joined their brothers and sisters in Los Angeles to observe Guru Poornima Day with silence, meditation, and kirtan. Other spiritual groups from the area joined them the following day for a joyful afternoon picnic. To help unify and strengthen the spiritual growth happening all over, the L.A. IYI has held Satsangs with neighboring groups aimed at an interchange of ideas. They have also led large groups in chanting at the Holy Man Jam, a monthly picnic sponsored by the Aquarian Oracle. The Los Angeles IYI will be seen on coast to coast TV on FIRST

TUESDAY this September.

The First birth in an IYI Center took place on July 15th. Gopi gave birth to Radha Harmony Satchidananda. Peace and Joy!

IYI Hartford, Connecticut --

The Canton IYI has moved into a 7-room house in downtown Hartford at the request of the membership. They felt that more service could be done and more people could be reached in the city. The new home has a garage, a parking lot, and three cherry trees! There were so many karma yogis eager to help that the move was made ahead of schedule. Swamiji opened the new Institute on July 31, after giving a public lecture the preceding evening. Classes will begin on August 10th with some new additions: a Sunday evening Satsnag exploring a different spiritual topic each week, a vegetarian cooking class, and a Sanskrit language class.

Two asana classes were given on June 27 at the Whole Earth Nature Festival. Outside classes continue in the nearby colleges and at DARTEC (drug rehabilitation center). Integral Yoga will appear in the fall catalog of Hartford College for Women.

IYI Upper Montclair, New Jersey --

Classes are continuing and growing at the Unitarian Church on Monday evenings and in Garfield, New Jersey on Thursday evenings. On August 4, Maheshwarah and Parvathi gave a concert for the patients at the East Orange Veterans Hospital.

IYI Dallas, Texas --

Swamiji held Satsang at Love Field Airport on July 23, followed by an Indian-food luncheon at the new Institute house, and a lecture at the Unitarian Church that evening.

On July 24, about thirty representatives from the Dallas IYI flew to Boulder for the Earth Day festivities in which Swamiji participated. Successful lectures and demonstrations have been held by the Dallas IYI at the "Attic Window", a new coffee house, and at the Woodlawn Psychiatric Hospital. Every Sunday, classes are given at the Free University in Lee Park, which has brought many people to the regular classes. On August 4, Channel 13 devoted part of a program called "Newsroom" to the IYI activities.


IYI Santa Cruz, California --

Classes started at this new IYI center on July 1 and have been growing steadily ever since -- 86 people attended classes the first week! Until a more permanent building is found, classes are being held in a student's home on a cliff overlooking Monterey Bay. The response to the IYI has been wonderful -- the new center is serving as a focal point for many people and their spiritual beliefs.

IYI Boulder, Colorado --

This newest center has already signed the lease on an old dance studio with the capacity to hold 60 - 80 students. Two classes an evening are being given with an average attendance of 15 - 20. There is also a solid core of "everynighters" who will form the center's foundation. To the rest of the country -- Hari Om from Boulder!

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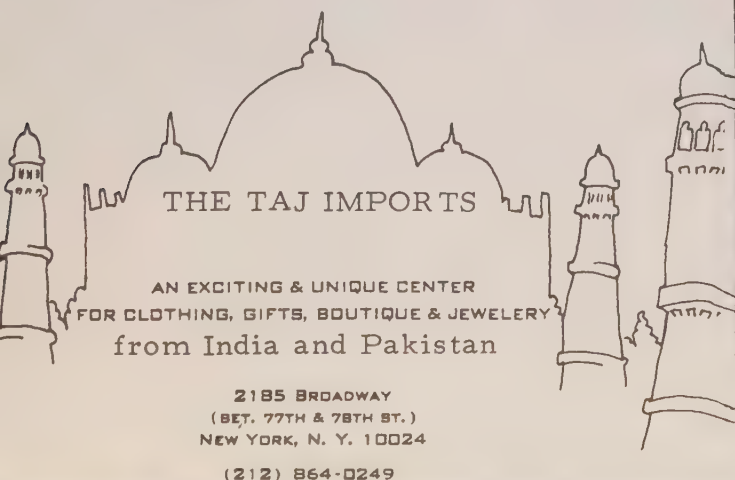


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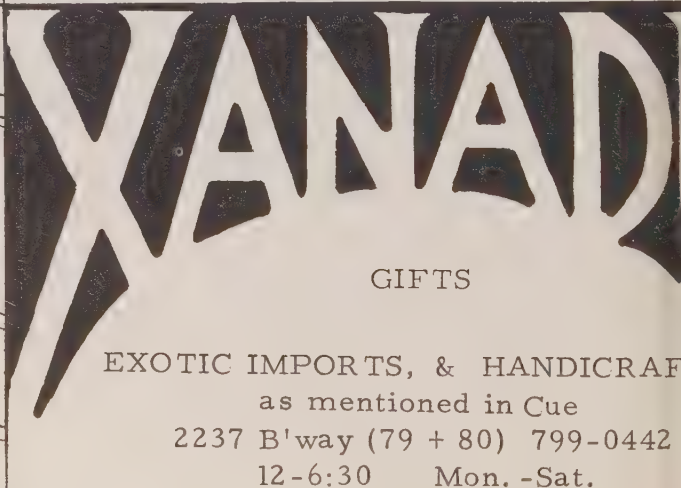
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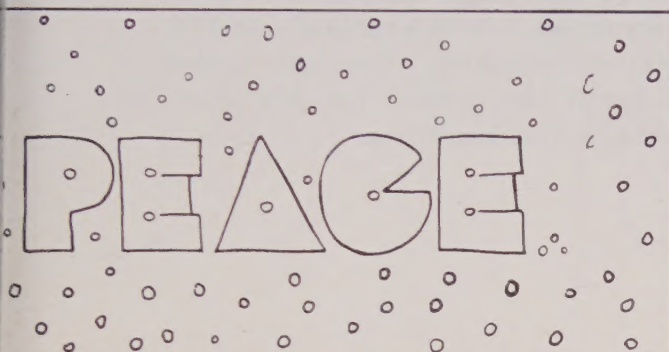
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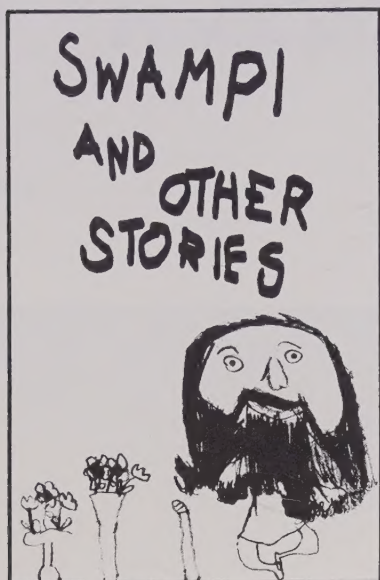
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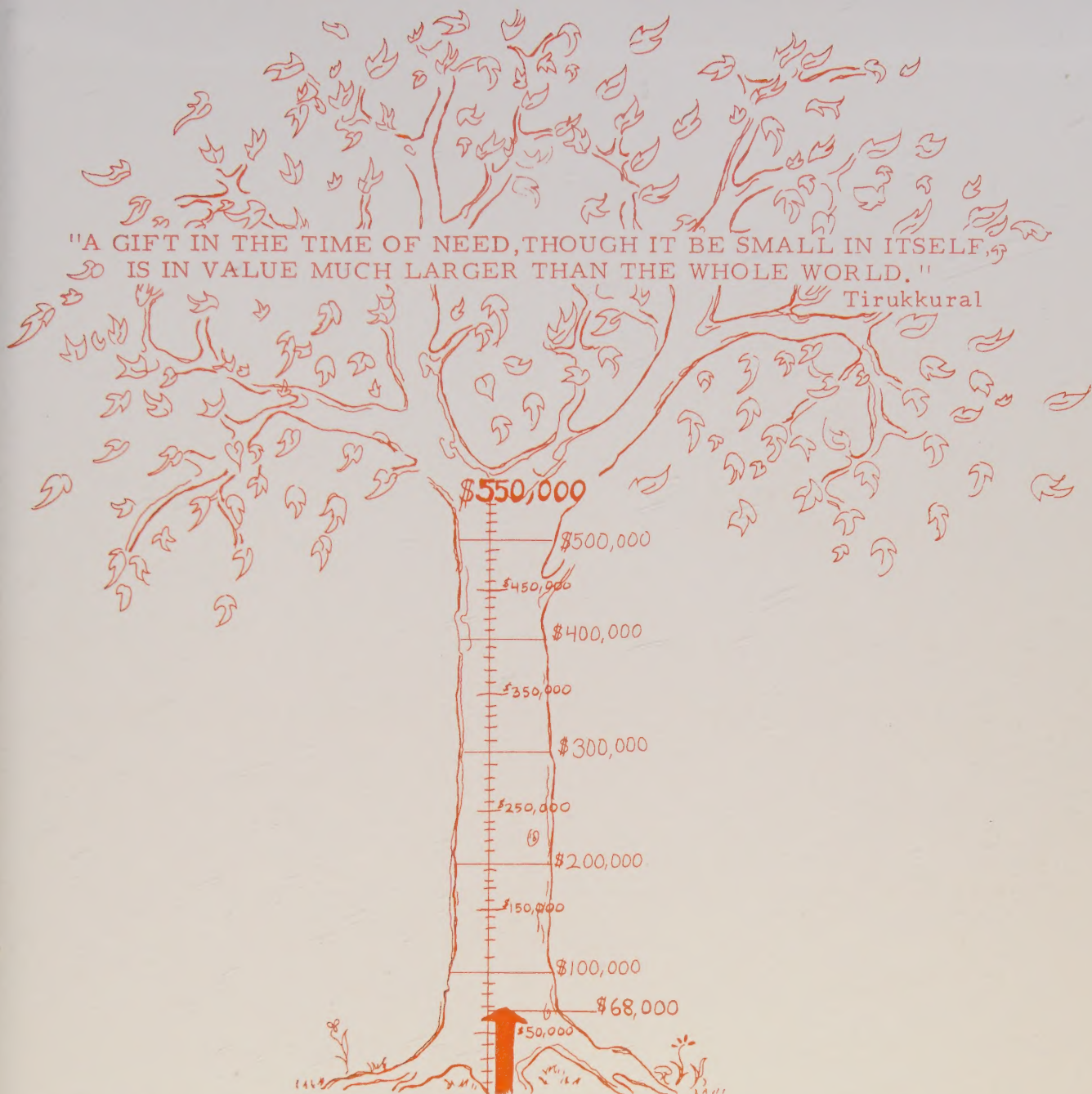
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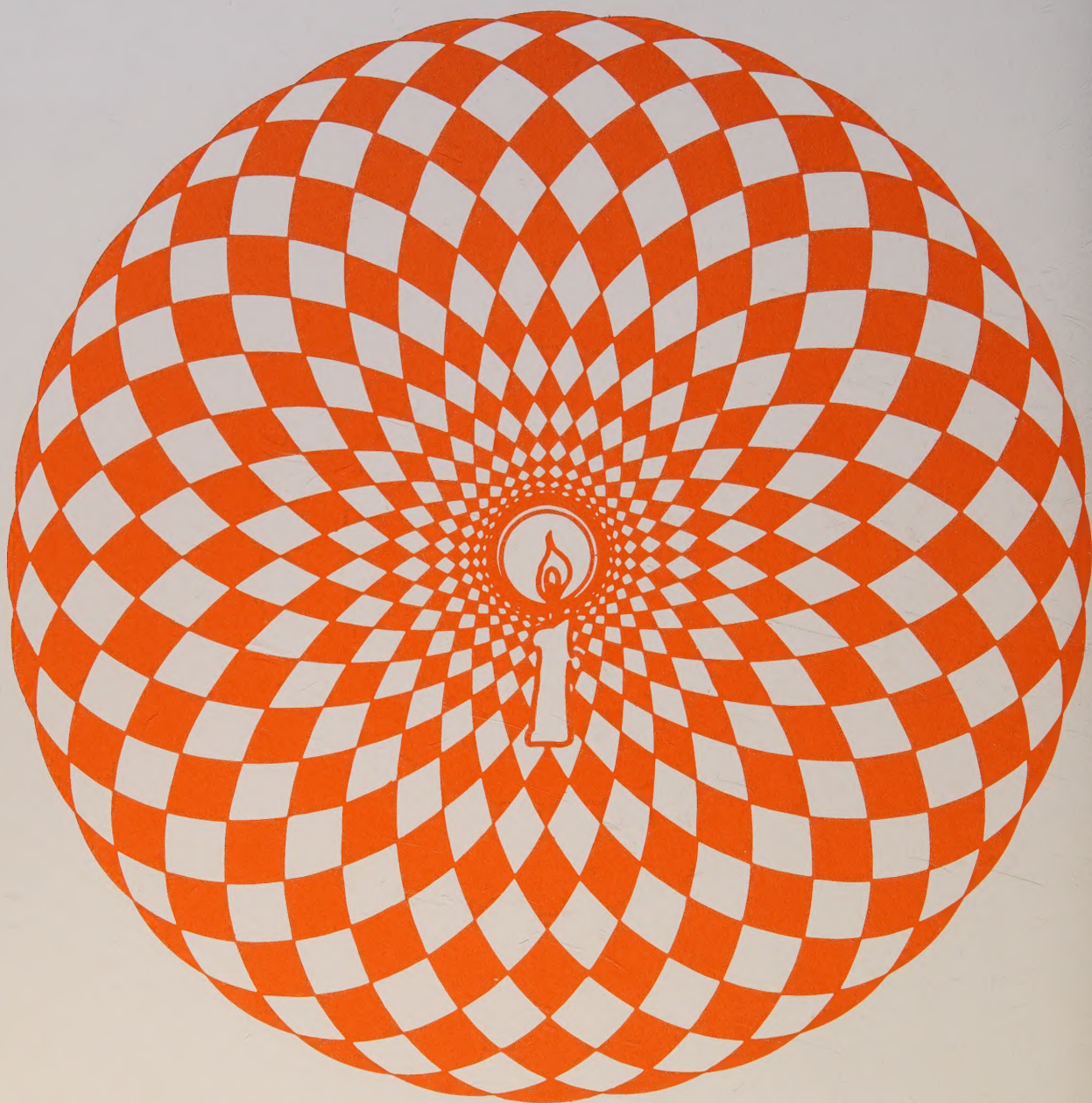
Yoga brings evolution, rather than revolution. It brings a change that is enduring rather than one that is transitory; a slow and safe unfolding rather than a violent, temporary shake-up. The Integral Yoga Institute has been founded for the purpose of bringing about this change -- for the purpose of serving humanity.

To continue fulfilling this purpose, the New York Center needs more space. The present facilities are extended to their fullest capacities.

Funds are needed for:

Headquarters and Training Center	\$300,000
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This work is being done for peace, in peace. Please help it to continue according to your capacity. Share the joy of giving and serving humanity.



"I don't believe in fighting for peace, but in finding it within. The easiest and the best approach is to become a completely dedicated being. Then there is nothing to disturb the peace which is already in you.

"I am speaking to you about peace, you in turn will speak to others. One person will teach ten, ten will teach a hundred the way to peace. The process is very slow, but it is a beginning."

Swami Satchidananda